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PAGE 12

Charges in rooming-house death upgraded

Lawyer for Mutiur Rehman says his client was 'shocked' to hear that he is now being charged with first-degree murder in Ottawa man's stabbing death PAGE 3

Rights? Whoops, forgot about those

Cop blames absent-mindedness in failing to let man know about his rights during G20, also says he didn't actually arrest said man PAGE 8

Sen. Mike Duffy takes the elevator as he arrives to the Senate on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Gasp! Duffman drops bombshell speech in Senate

Two cheques, ladies and gentleman.
Duffy accuses PMO of orchestrating coverup

Sen. Mike Duffy is dispensing more bombshell revelations in the Senate, this time about a second payment related to his ongoing expense scandal.

Duffy says Conservative party lawyer Arthur Hamilton was involved in a scheme to cover his $13,560 legal bill.

Duffy says Prime Minister Stephen Harper's former chief of staff, Nigel Wright, had to "coax" him into agreeing to pay back $90,000 in disputed expense claims.

It was the revelation that Wright himself paid back Duffy's expenses that brought the Senate scandal to the prime minister's front door.

"Not only that, but when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," Duffy told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

"The PMO, listen to this, had the Conservative party's lawyer Arthur Hamilton pay my legal fees. He paid for my lawyer. Arthur Hamilton. A cheque for $13,560. That's right, senators, not one payment, but two."

The revelations kept coming.

"I've never seen a cheque from Nigel Wright," Duffy added.

"But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."

Duffy says the payments were part of an elaborate plan orchestrated by the Prime Minister's Office to make the controversy over his expenses go away.

And he says even the story cooked up about Duffy borrowing the $90,000 from a bank was scripted up by the PMO — and he has the email to prove it.

Harper used Duffy's claim of remortgaging his own home as proof the senator's words could not be trusted last week.

He says he was well within the rules in filing his expenses, and that the true amount of claims that were in violation of the rules totalled less than $500.

THE CANADIAN PRESS

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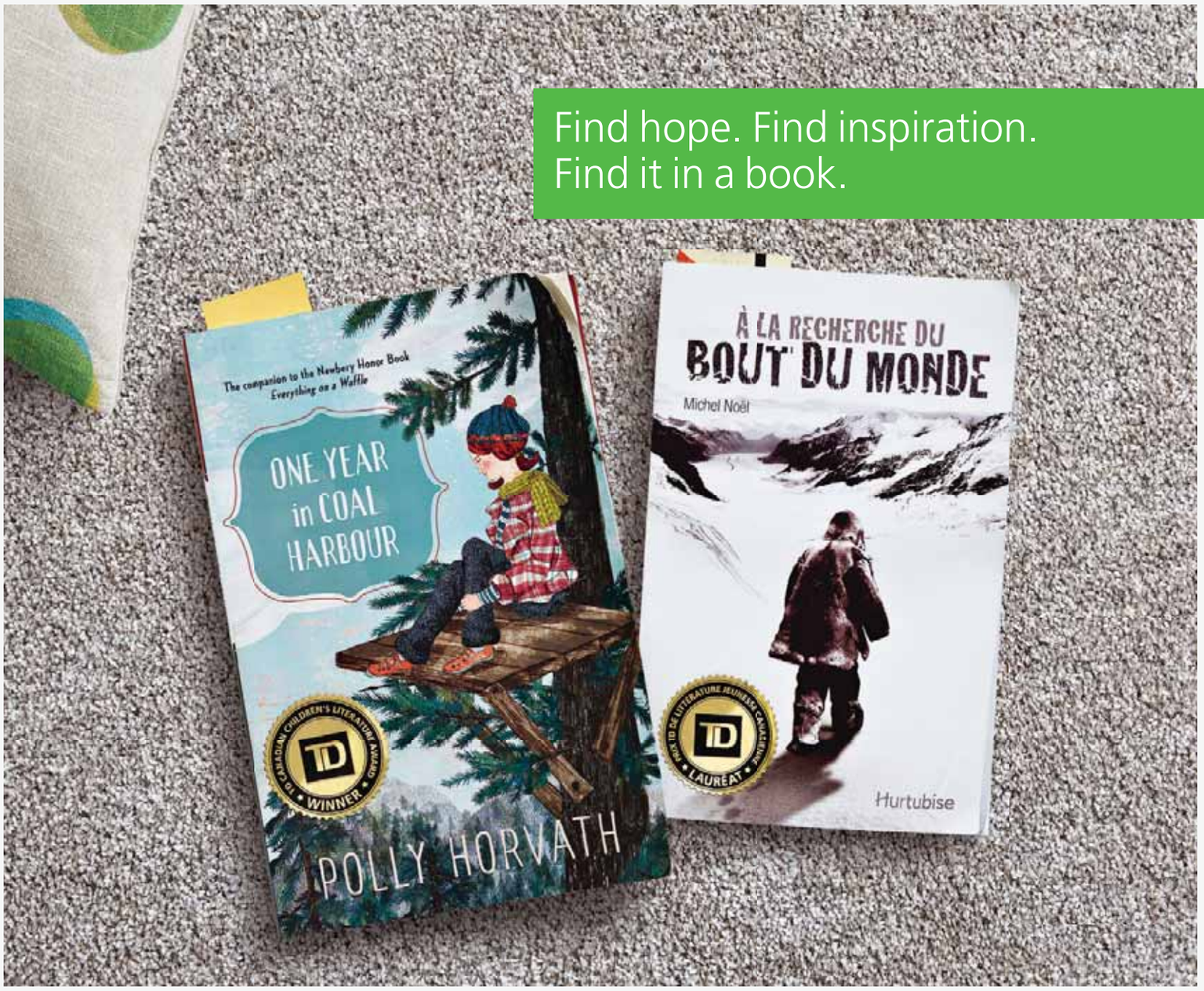

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Man's homicide charge upgraded

Court. Suspect accused of first-degree murder in fatal stabbing

Ottawa police have charged a man with first-degree murder in the stabbing death of Andre Boisclair, who was found dead in the city's east end Saturday morning.

Twenty-year-old Mutiur Rehman appeared by video at an Ottawa courthouse Monday to face charges of second-degree murder, but news emerged just minutes before the hearing that the charge had been upgraded to first-degree murder.

Rehman's lawyer Michael Smith told reporters he was surprised by the upgraded charge.

"I wasn't sure what changed from last night when I spoke with the detective and to my client or this morning, but I was told recently that they have taken another review of the file and that was the basis or reason for upgrading it to a first-degree," said Smith.

When asked how his client reacted to the upgraded murder charge, Smith said, "Shocked, obviously. Shocked to be here, first of all, and then being told now it's a first-degree."

Rehman stood in handcuffs and quietly stated his name before staring straight at the floor as the charges were read against him. He swayed back and forth a few times before he was led away.

A search of court records found Rehman has two prior convictions for robbery and a 10-year court-ordered weapons prohibition dating back to last year.

Boisclair, 37, was stabbed around 2:30 a.m. Saturday as paramedics responded to a call at 494 Somerset St. W., just east of Lyon. Witnesses say paramedics tried to resuscitate the man, but he later died on the way to hospital.

The victim was no stranger to trouble and admitted to being the getaway driver in the 1997 murder of Douglas Earl Joe. He spent 10 years in prison, but later refused to testify at the 2008 re-trial of Peter Chenier and George Farley, the two men accused of killing Joe.

Rehman's trial has been adjourned for three weeks.

TREVOR GREENWAY/FOR METRO

An Ottawa police officer stoops to look for evidence in an alley near 494 Somerset St. W., where 37-year-old Andre Boisclair was stabbed to death in a rooming house on Saturday. MIKE CARROCCETTO/METRO

Suspect in woman's death appears in court

A Gatineau police cruiser sits outside 49 Montpetit St.

DENIS ARMSTRONG/FOR METRO

A 62-year-old Gatineau man has been charged with second-degree murder in the death of Marie-Josée Guénette, whose body was found in a dumpster outside a Hull apartment Sunday.

Alain Blais appeared in a Gatineau court Monday and displayed no emotion as the murder charge was read to him.

His short, wiry grey hair a mess, Blais stood handcuffed in the prisoner's box wearing a black T-shirt with white writing. He said nothing, but he appeared to be fidgeting and biting his lips.

Gatineau police were led to the crime scene at 49 Montpetit St. after a man alerted Ottawa police on Saturday that they would find a dead body outside the apartment building.

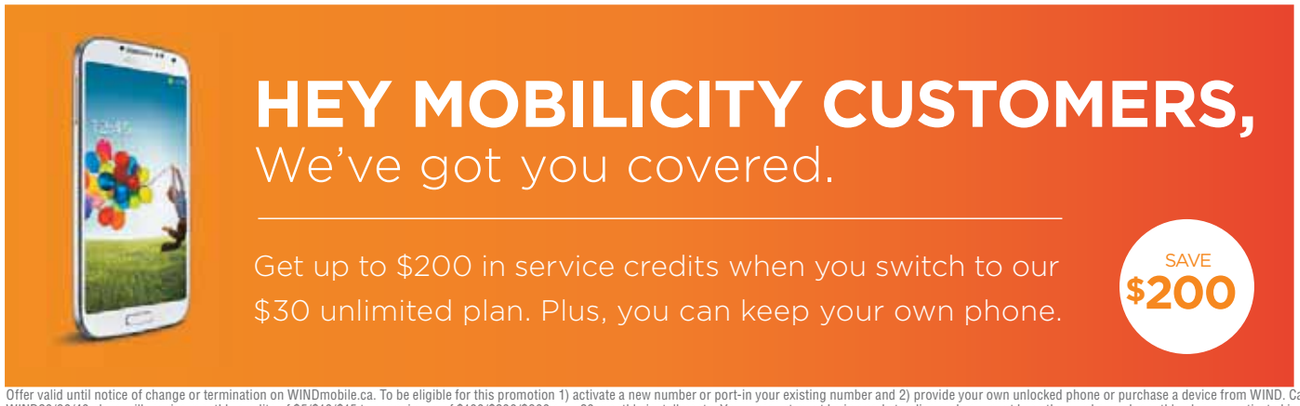
Police said Guénette and Blais lived together at the apartment.

Neighbours on the quiet residential street said they heard a loud commotion around 9 p.m. Friday.

Officers from Gatineau's forensic unit spent Sunday morning combing through the property, collecting evidence to determine if the victim was killed at the apartment or in another location and then moved.

Crown prosecutor Isabelle Bouchard said Blais would remain in custody until a bail hearing Friday, but added that her council would object to his release.

TREVOR GREENWAY/FOR METRO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Court. Bail granted to former hockey coach accused of molesting boys

A former Ottawa hockey coach accused of several historical sexual assaults involving boys was granted bail Monday under strict conditions.

Kelly Jones, 57, faces more than 30 charges including sexual assault, gross indecency and sexual exploitation in relation to alleged incidents over a period spanning decades.

One of the reasons the justice of the peace released Jones from custody was that the alleged incidents were not recent.

Jones and his common-law wife must each pay a $5,000 bond. He is prohibited from attending public parks and swimming pools where people under the age of 16 will be or are expected to be.

Jones must also report to Ottawa police headquarters on Elgin Street every Friday as part of his conditions.

Kelly Jones is seen in this file photo getting into his car outside his Riverside South home.
MIKE CARROCCETTO/FOR METRO

He is scheduled to appear in court on Nov. 19.

The justice of the peace also banned him from possessing a passport and any prohibited weapons.

Police have also said that in addition to coaching hockey Jones taught a youth baseball team. JOE LOFARO/METRO

Ottawa man arrested

OPP bust alleged meth lab hidden in rural bungalow

A south end Ottawa man is in custody in Cornwall after OPP officers executed a search warrant at a home in Williamsburg and dismantled what they say was a sophisticated chemical lab they suspect was being used to make methamphetamine.

Police say Philippe Raymond, 29, of Greely, was arrested at the scene.

He was charged with various offences pursuant to the Controlled Drugs and Substances Act (CDSA) and taken to a court in Cornwall, for a bail hearing.

On Oct. 23, members of the Ottawa OPP's Organized Crime Enforcement Bureau's drug-enforcement unit, the OPP's emergency-response team and canine unit, Morrisburg OPP officers and police Cornwall police executed the search warrant at a home on Forest Road in the town of Williamsburg in South Dundas Township.

Police say they discovered the lab and then dismantled it with the help of Ottawa police, Health Canada chemists, the Ontario Fire Marshall and the South Dundas Fire Department.

Police seized samples of various substances that they say had a street value of more than $15,000.

The chemicals seized from the synthetic drug lab will be given to Health Canada for analysis, police say.

Police are asking anyone with information about the lab to call the OPP at 1-888-310-1122 or CrimeStoppers at 1-800-222-8477.

METRO

Time to fix housing crunch: CAEH delegates

Housing First. Leaders, experts push for solution

Six hundred delegates from the Canadian Alliance to End Homelessness (CAEH) are meeting in Ottawa this week to pitch the Housing First program to the feds.

Hailed as "a transformational housing model at the heart of CAEH's 10 Year Plan to End Homelessness program," the Housing First program gives permanent housing, be it an apartment, affordable housing or community living, to the chronically homeless as well as the financial, social and psychological supports, without any conditions such as sobriety or program participation.

"When the homeless have a home of their own they tend to turn their lives around and become productive individuals again," said the Canadian Alliance to End Homelessness delegate Danya Vered.

"Homelessness is a crime in a country as rich as Canada," said Frank O'Dea, the co-founder of the Second Cup chain. O'Dea has been asked to speak at the conference because in the 1970s, he was an alcoholic 26-year-old living on the streets in Toronto for a year before breaking his addictions and finding his entrepreneurial mojo. Now living in Ottawa, O'Dea builds homes in Brazil and runs a new high-tech firm.

"We need to end poverty because it costs too much to let people waste away on the street. If the community accepts and supports the homeless, they have a real chance to succeed. Sure, there are some people who are there by choice, but most are struggling with issues. Psychological, emotional and addictions. They need help. They need to start over, and you can't do that by yourself."

DENIS ARMSTRONG/METRO

Affordable housing

Feds need to help: Mayors

The Federation of Canadian Municipalities (FCM) is calling on the federal government to work with provinces and municipalities to develop a long-term affordable-housing plan.

"Canada's housing crunch is the most pressing financial issue facing Canadians," said Vancouver Mayor Gregor Robertson at a press conference on Parliament Hill Monday.

Robertson, chair of the FCM's Big City Mayors Caucus, said a growing number of Canadians are being priced out of the housing market, putting pressure on a crowded rental market and crumbling affordable-housing units, and forcing the most vulnerable citizens onto the streets.

Compounding those problems, he said, is the coming expiry of $1.7 billion annually in federal affordable-housing dollars, with the greatest drop in funding, $500 million a year, ending between 2014 and 2019. Robertson said the funding cuts could lead to a crisis in housing in Canada. Robertson pointed to new polling numbers from an FCM-commissioned survey that show one third of families are struggling to pay for the growing costs of housing.

METRO

A highrise condo project is seen under construction in Ottawa, but affordable-housing advocates and members of the Big City Mayors Caucus say governments need to provide incentives so that builders will erect more rental properties for Canadians in need of affordable-housing alternatives.
SEAN MCKIBBON/METRO

Crown wraps up closing arguments in teen-pimp trial

A 17-year-old girl on trial for allegedly running a prostitution ring in south Ottawa last year was driven by instant gratification when she "preyed" upon other young girls and lured them into selling their bodies for sex, a Crown prosecutor said in closing arguments Monday.

The high-profile trial is starting to come to an end as Crown prosecutor Fara Rupert wrapped up her final submissions to Justice Diane Lahaie, asking her to convict the girl of a slew of charges. She was 15 when she was arrested on June 8, 2012, and faces more than 30 charges, including human trafficking, sexual assault and unlawful confinement.

The name of the accused is protected by a publication ban.

As Rupert put it, she was "the boss" of the two other co-accused who pleaded guilty to some of their charges in a surprise, mid-trial move on Sept. 27. Those two girls, aged 16 and 18, are expected to be sentenced later this year.

But it's the third co-accused who was central to the historic human-trafficking case since police found "a body of evidence" in her bedroom where the alleged victims were taken before being delivered to johns, Rupert said.

"(The accused) was guided by greed, without any regard for the damage that she inflicted physically and emotionally," upon a "population of vulnerable girls," said Rupert.

A collection of cellphones, a wardrobe of provocative clothing, multiple aliases and a connection to underground taxis are some of the signs that suggest the 17-year-old girl was the ringleader, the Crown argued.

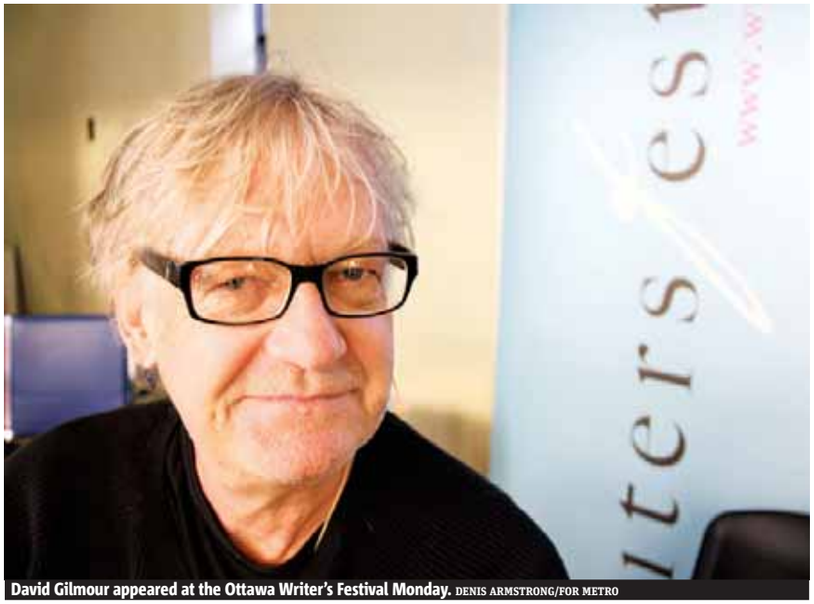
The girl is accused of delivering two teen girls to two different johns in the spring of 2012. Other witnesses testified they were recruited by the trio but did not have sex with men.

One of the alleged victims, a 17-year-old girl at the time, told police in a videotaped interview the 16- and 17-year-old accused girls "took off my underwear and bra and told me to lie on the bed," before taking nude photos of her on May 18.

Within a few hours, she was delivered to a man who had sex with her, later identified by police as 38-year-old Joseph Donnelly. Earlier this month, Ken Hall, the lawyer for the so-called ringleader, elected not to call any evidence or witnesses.

Justice Lahaie is expected to deliver a verdict in December.

JOE LOFARO/METRO



David Gilmour appeared at the Ottawa Writer's Festival Monday. DENIS ARMSTRONG/FOR METRO

I still prefer to read hetero men, thanks: Gilmour

Nothing personal, ladies. Award-winning author doesn't concede an inch at Writer's Festival talk

DENIS ARMSTRONG
ottawa@metronews.ca

CanLit's latest enfant terrible David Gilmour appeared at the Ottawa Writer's Festival Monday, but no one was interested in his latest novel Extraordinary.

With Gilmour's controversial statements about women writers still fresh on everyone's mind, his rambling, hourlong chat was clearly focused on defusing as much of the popular controversy as possible without conceding anything.

In case you didn't hear, Gilmour, the Governor General Award-winning author, was deemed a sexist pariah overnight when comments he made about not including female authors in either of the two courses he teaches at the University of Toronto went viral on social media.

Soon after, Alice Munro was awarded the Nobel Prize for literature. The pieces were in place for yet another national debate on the role of political correctness run amok.

It seems that's all media want to hear from Gilmour these days, which must be frustrating, given that interest in his off-hand comments has eclipsed interest in his new novel.

It was the first thing that the festival's artistic director, Sean Wilson, asked Gilmour.

"Look, I am a teacher and feel best when I'm teaching something I am passionate about," the 63-year-old Gilmour said. "I'm a middle-aged guy and I'm interested in books by middle-aged heterosexual men. When it comes to women writers, I'm a second-rate teacher. There are many far better."

Quoted

"I prefer the contemporary literature of a Richard Ford. The American sensibility speaks to me more forcefully than my own culture."

Author David Gilmour, on his literary preferences

For the 50 people attending Gilmour's Q&A at Knox Presbyterian — about 90 per cent of them women — Gilmour's preferences appeared to be little more than a tempest in a teapot.

He spoke at length about his favourite authors — Leo Tolstoy, F. Scott Fitzgerald, Philip Roth and Marcel Proust — and praised the writings of Virginia Woolf, Margaret Atwood and Alice Munro while also condemning classic works like Joyce's Ulysses ("a punishingly dull book") and J.D. Salinger's Catcher in the Rye ("dated, dusty").

Perhaps it was the insomnia that kept him awake the night before speaking, but Gilmour then tempted fate and admitted he's not big on Robertson Davies, Margaret Atwood (whom he'd already praised) and Canadian literature in general.

"It doesn't speak to me" he explained, adding that he doesn't finish 90 per cent of the books he reads.

"I prefer the contemporary literature of a Richard Ford. The American sensibility speaks to me more forcefully than my own culture."

Given what Canadians in general are saying on Twitter, that's saying a lot.

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ECUADOR?

"*Ecuador has long been a well-kept secret, but tourism in the country is growing rapidly. It's the Costa Rica of 15 years ago,*" affirms Mr. Poole.

Ecuador has more than just beautiful beaches – it's perhaps the most bio-diverse country in the world! Within reach of a day trip are the Amazon rain forests and the incredible Andes mountain chain. And of course, the world famous Galapagos Islands.

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U.K., Europe battle worst storm region has seen in years

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

A major storm with hurricane-force gusts is lashing southern Britain, parts of France and Netherlands, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cut-off in ferry service to France.

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage.

Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

THE ASSOCIATED PRESS

Blackout

220,000

Number of homes in Britain reported without power by UK Power Networks officials.

Penn State compensates sexual-abuse victims

Penn State said Monday it is paying $59.7 million to 26 young men over claims of child sexual abuse at the hands of former assistant football coach Jerry Sandusky.

The school said 23 deals are fully signed and three are agreements in principle, but it did not disclose the names of the recipients. The school faces six other claims and the university says it believes some of those do not have merit while others may produce settlements.

University president Rodney Erickson issued a statement calling the announcement a step forward for victims and the school.

"We cannot undo what has been done, but we can and must do everything possible to learn from this and ensure it never happens again at Penn State," said Erickson, who announced the day Sandusky was convicted in June 2012 that Penn State was determined to compensate his victims.

The settlements have been unfolding since mid-August, when lawyers for the accusers began to disclose them.

THE ASSOCIATED PRESS

Michael Jackson trial. Doctor found guilty of killing pop star set free

The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office. A change in California law allowed his incarceration time to be significantly cut down.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid. Jackson was in the midst of preparations for a series of comeback concerts and Murray was serving as his personal physician.

Murray's prospects are uncertain: At age 60 his license to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, file photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles. REED SAXON/THE ASSOCIATED PRESS

Texas

Abortion-restricting measures vetoed by federal judge

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. District Judge Lee Yeakel wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

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Officer 'forgot' to advise cuffed man of his rights during G20

Toronto. Simpson says Nicholas Wright was never arrest, even though it would have been 'reasonable' to conclude otherwise

A man stopped by police during the G20 protests three years ago was free to go on his way even though he had been handcuffed and placed in the back of a cruiser, a Toronto police officer testified Monday.

Const. Ryan Simpson also told his disciplinary hearing that he never arrested Nicholas Wright, but admitted failing to inform him of his rights when he detained him for investigative purposes.

"I just absent-mindedly, forgot to advise him of that," Simpson testified.

Simpson did agree it would have been "reasonable" for Wright to believe he was in fact under arrest and admitted not telling him he was free to leave.

The officer has pleaded not guilty to making an unlawful arrest when he detained Wright, a lawyer, on Sunday June 27, 2010, the day after Black Bloc vandalism erupted in downtown Toronto.

He said he noticed Wright cycling between rows of traffic and decided to stop him. He then noticed Wright had a scarf and goggles around his neck, and was carrying a backpack.

Wright, 31, a lawyer, testified he gave the officer his name and address but refused to answer any further questions. Simpson, he said, told him he was under arrest for wearing a disguise and searched him and his backpack over his objections.

"The officer said he didn't need my consent because I was under arrest," Wright testified.

"I was told I didn't have a right to remain silent because I was under arrest."

Wright said the officer was not wearing a name tag, and gave a false name when asked to identify himself.

THE CANADIAN PRESS

Const. Ryan Simpson, right, is seen outside Toronto police headquarters on Monday where he and a colleague faced disciplinary hearings for allegedly arresting Nicholas Wright, left, illegally during the G20 summit three years ago. COLIN PERKEL/THE CANADIAN PRESS

Man allegedly tries to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else.

"In the police report, he claims his innocence and says the bag belonged to someone else," Morena told reporters outside the courtroom.

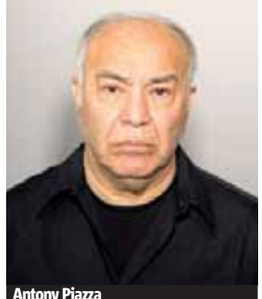
The Crown has remained mum about what exactly Piazza was carrying. His lawyer revealed some of the items police said they'd identified.

"They were talking about bullets, talking about powder, about wires, about (lighters)," Morena said.

Police have revealed less details to the media, saying only that what was found was not dangerous without actual explosives, but that they didn't want to take any chances.

"For us, it is something major because everything was there to make us believe … (it could have been) a bomb, an explosive device," police spokesman Ian Lafreniere said.

THE CANADIAN PRESS



Antony Piazza
MONTREAL POLICE/THE CANADIAN PRESS/ HANDOUT

iQor Canada

Collection agency fined $500K for all-hours calls

One of the largest collection agencies in Canada has been fined $500,000 for making a series of automated, unsolicited phone calls at all hours to people saying they owed money without clearly identifying themselves.

iQor Canada Ltd., based in Toronto, has until Nov. 15 to pay the fine, according to a notice of violation by the Canadian Radio-television and Telecommunications Commission.

Many of the calls from iQor were made to people who owed no money.

TORSTAR NEWS SERVICE

Sex-abuse allegations

Olympics organizer says he's been cleared

The man who organized the Vancouver Olympics says he's been cleared by police of sexual-abuse allegations brought by a former student, though the RCMP says the file remains open.

The allegations against John Furlong surfaced following a newspaper article published last fall, suggesting he physically and verbally abused First Nations students at Burns Lake, B.C., while teaching at a Catholic school there in the late 1960s.

RCMP Sgt. Rob Vermeulen says the file remains open and declined to comment further because civil actions are underway.

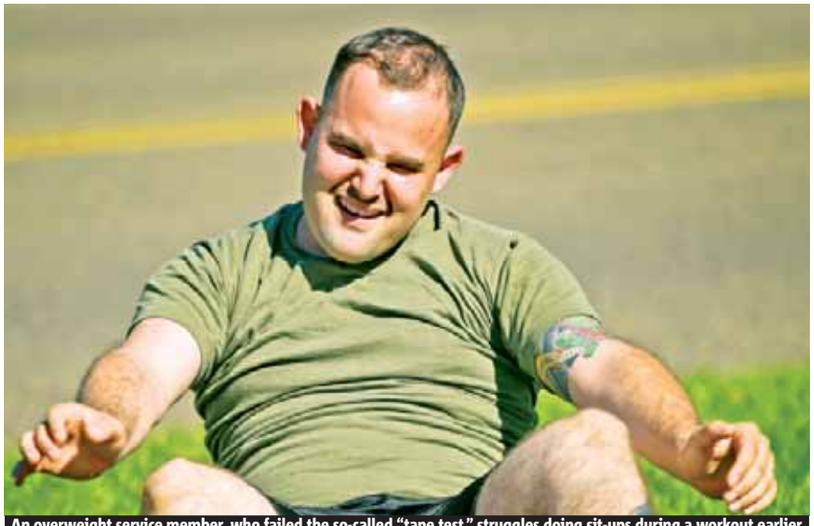
THE CANADIAN PRESS

Mumtaz Ladha

Witness: Alleged trafficker sought work visa for domestic servant

A lawyer who worked for a woman on trial for allegedly trafficking a domestic servant into Canada says the accused asked him to prepare a work-visa application and suggested that she had found a job for the young woman at the heart of the case.

But lawyer Fiesal Ebrahim also says the work permit application stalled and the job never materialized. Ebrahim had worked for the accused Mumtaz Ladha for several years when, in 2009, Ladha indicated an African woman she brought to Canada wanted to remain in the country. THE CANADIAN PRESS



An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNELZI/THE ASSOCIATED PRESS

G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body-fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general descriptions and are still investigating.

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers.

THE ASSOCIATED PRESS

A man talks on the phone in Barcelona earlier this year — was someone else listening?

THE ASSOCIATED PRESS FILE

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Phone-hacking trial begins

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Market Minute

DOLLAR 95.74¢ (+0.09¢)

TSX 13,371.84 (-27.58)

OIL $98.68 US (+83¢)

GOLD $1,352.20 US (-30¢)

Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

Concern. Health Canada, group at odds over health effects of cellphone use

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cellphones and other wireless technology.

Canadians for Safe Technology says they've obtained documents showing the government is controlling a so-called independent review of radiation from cellphones, cell towers and Wi-Fi.

The Royal Society of Canada is holding public meetings in Ottawa to hear from people who say they suffer negative health effects from using wireless devices.

Some of the symptoms reported include insomnia, heart palpitations and headaches.

Frank Clegg, the CEO of Canadians for Safe Technology, says the Royal Society's review panel has too many members who are beholden to the wireless industry.

In July, panel chairman Daniel Krewski resigned over a conflict.

Two other panel members were replaced last month when a new chair was named.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans.

THE CANADIAN PRESS

Unions. Hotdog stand chain sorry for setting up at Ikea as strike drags on

Vancouver's iconic Japanese hotdog-stand chain folded up shop after just one day this weekend at the Ikea store in Richmond, B.C., where more than 350 workers have been on strike for more than five months.

An announcement Japadog made on its Facebook page that it would open for a one-week stint garnered dozens of angry comments.

On Sunday, Japadog updated its Facebook page to announce they had closed the location, and apologized to all Ikea staff for any inconvenience.

Anita Dawsen, a business agent with Teamsters Local 213, the union that represents the workers, said she was pleased with the decision, explaining that hotdogs are sold by workers at the Ikea bistro.

Ikea spokeswoman Madeleine Löwenborg-Frick said the company asked Japadog to come to the Richmond store because the bistro has been closed during the labour dispute.

KATE WEBB/METRO IN VANCOUVER

Tim Hortons to test out new brew

Change percolating. Iconic coffee-shop chain wants to appeal to today's consumers, who are 'more educated' about their morning cup

Still the top dog

77%

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London Ont., and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London, Ont., stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice-president of beverages at Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

TORSTAR NEWS SERVICE

Amid increased competition from other coffee purveyors, such as Starbucks and McDonald's, Timmies is testing a dark-roast blend. CNW GROUP/TIM HORTONS

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GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple, and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the moment.

Asking someone to marry you is nerve-racking enough without thinking about all the logistics involved in co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle-free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to retell to all of your friends and family until the day you're married, so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. **METRO**

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. **METRO**

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (-110 C) — but don't get too chilled, as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is a bestselling novelist, a visual artist and the author of TEMP, an exclusive 20-parts-in-20-days story running in Metro starting Monday. Known for his musings on art, culture and technology, he's been quoted as saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:
Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:
There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:
"I write fiction for a living," says Coupland. "Everything can be fact-checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:
While libraries certainly do still exist, Coupland says he takes one walk in the stacks for every hundred he used to take.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro
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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

When killing zombies brings you self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?

The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?

He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Norman Reedus stars in The Walking Dead. CONTRIBUTED

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The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Christina Ricci weds over the weekend

Christina Ricci

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011 and were engaged in 2012.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

Twitter

@mcgregor_ewan
Rain on the roof of the trailer. Make me want to sleep.

@ElizabethHurley
We had Halloween early and am suffering from too many icing eyeballs and fresh blood jelly...

@IAmDonCheadle
The misogyny in rap is hard to take. How can we create an alternative, strike some kind of balance?

Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

Annabelle is also encouraged to try different sports — she takes swimming lessons and is signed up for soccer

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/FOR METRO

Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News

Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months.

Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.

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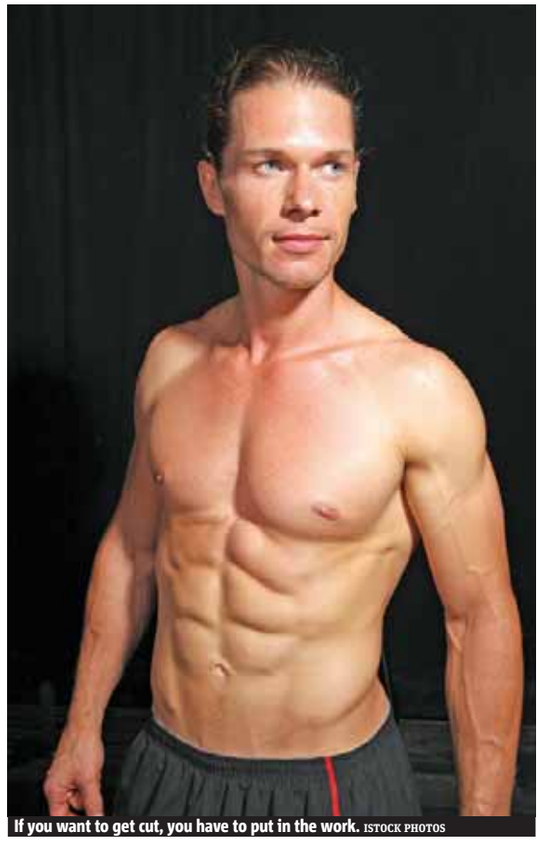
Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News


If you want to get cut, you have to put in the work. ISTOCK PHOTOS

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."

Online assistance

Runtastic six pack

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free/$4.99
Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.

Here are a couple exercises to carve a six-pack, get killer pecs and pump those biceps.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

Pediatricians want bedroom ban on your kid's smartphone

Children's health.
Policy makers continue to stress the need for young minds to power down long before bed

If it's time for bed, it's time to turn off the phone. ISTOCK PHOTOS

Doctors to parents: Limit kids' tweeting and texting and keep smartphones and laptops out of bedrooms.

The recommendations are bound to prompt eye-rolling and LOLs from many teens but an influential pediatricians group says parents need to know that unrestricted media use can have serious consequences.

It's been linked with violence, cyber-bullying, school woes, obesity, lack of sleep and a host of other problems. It's not a major cause of these troubles, but "many parents are clueless" about the profound impact media exposure can have on their children, said Dr. Victor Strasburger, lead author of the new American Academy of Pediatrics policy

"This is the 21st century and they need to get with it," said Strasburger, a University of New Mexico adolescent medicine specialist.

The policy is aimed at all kids, including those who use smartphones, computers and other Internet-connected devices. It expands the academy's long-standing recommendations on banning televisions from children's and teens' bedrooms and limiting entertainment screen time to no more than two hours daily.

The policy statement cites a 2010 report that found U.S. children aged 8 to 18 spend an average of more than seven hours daily using some kind of entertainment media. Many kids now watch TV online and many send text messages from their bedrooms after "lights out," including sexually explicit images by cellphone or Internet, yet few parents set rules about media use, the policy says.

"I guarantee you that if you have a 14-year-old boy and he has an Internet connection in his bedroom, he is looking at pornography," Strasburger said.

The policy notes that three-quarters of kids aged 12 to 17 own cellphones; nearly all teens send text messages, and many younger kids have phones giving them online access.

"Young people now spend more time with media than they do in school — it is the leading activity for children and teenagers other than sleeping" the policy says.

THE ASSOCIATED PRESS

The guidelines

What are they suggesting?

- **How much?** Under the new policy, those two hours include using the Internet for entertainment, including Facebook, Twitter, TV and movies; online homework is an exception.

Best Health

Health apps for man's best friend

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health, we have an article called Best Health For Pets and in the October issue, on newsstands now, we rounded up some of the new ways you can keep your furry companion happy and healthy. Smartphone apps are making it easy to have key info at your fingertips. Here are just a few, plus one for fun.

PupTox (Android, iPhone; $0.99).
PupTox lists more than 250 items that can harm or kill your pet if ingested, including food, plants, chemicals and common hazards such as coins, batteries and bones. The chocolate toxicity calculator uses your pet's weight, type of chocolate and amount consumed to determine the level of toxicity. It also provides one-click phone access to poison hotlines (for a fee).

Pet Care Services (iPhone, free).
This is a must-have if you travel with your pet. Using GPS, it'll locate the nearest vet clinics, pet-friendly hotels, groomers and pet stores across Canada and the U.S.

Pet Names (Android, iPhone; free).
The iPhone and Android pet-naming apps are created by different companies but both will help you find the ideal name for cats, dogs, birds, gerbils and even turtles. Pet Names for iPhone allows you to browse by alphabetical listing, pet type or popularity; with Pet Names for Android, browse by list or at random.

Pet First Aid (Android, $2.97).
This one is for your dog, cat, puppy or kitten. Emergency situations such as choking, lacerations and burns can strike your pet anywhere, anytime. The Pet First Aid app will unleash a database of health information right on your smartphone.

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Smartphone apps now make it easy to check information about your pup's health. ISTOCK PHOTOS

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Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

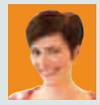
4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

Surviving Halloween

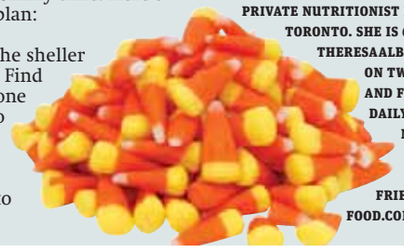


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.
- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Dinner. Mac & 'Squeese'

Your kids will enjoy this Halloween-coloured twist on the traditional macaroni and cheese. You will appreciate that this high-fibre and protein-filled dish will help fill them up so they can enjoy trick-or-treating without overdoing it on the sweets when they get home.

Using squash for its deep orange colour and sweet flavour makes this dish looks just like traditional Mac and Cheese. Or try it with sweet potatoes for another nutritious option.

Ingredients

- 375 ml (1 1/2 cups) whole-wheat macaroni
- 30 ml (2 tbsp) butter or margarine
- 500 ml (2 cups) cubed and peeled butternut squash
- 125 ml (1/2 cup) milk
- 1 small clove garlic, minced (optional)
- 125 ml (1/2 cup) shredded Swiss cheese
- 30 ml (2 tbsp) freshly grated Parmesan cheese

1. In a pot of boiling water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.

2. Meanwhile, in another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic, if using, and using hand mixer blend until smooth.

3. Add pasta to squash mix. Add cheeses and stir to coat. THE CANADIAN PRESS/ EATRIGHT ONTARIO/ DIETITIANS OF CANADA

Me want brains! Satisfy your zombies with Brain Pudding

This twist on classic rice pudding can be served as a nutritious breakfast or a dessert on Halloween day.

This recipe makes about five cups. THE CANADIAN PRESS

Ingredients

- 500 ml (2 cups) water
- 2 sticks cinnamon
- 250 ml (1 cup) quinoa, rinsed well
- 15 ml (1 tbsp) cornstarch
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) ground cinnamon
- 375 ml (1 1/2 cups) 2% milk
- 50 ml (1/4 cup) maple syrup
- 175 ml (3/4 cup) dried cranberries or raisins
- 250 ml (1 cup) 1 per cent vanilla yogurt
- Suggested Toppings: Cinnamon sugar, chopped walnuts, dried cranberries, granola, berries and/or diced apples

1. In a medium saucepan, bring water and cinnamon sticks to a boil over high heat; stir in quinoa. Reduce heat to low; cover and simmer for 12 minutes or until quinoa is tender. Drain any excess liquid and remove cinnamon sticks; set aside.

2. In a small bowl, combine cornstarch, sugar and cinnamon. In same saucepan, whisk milk, maple syrup and cranberries; bring to a boil over medium-high heat. Reduce heat to low; whisk in cornstarch mixture and cook, stirring, for about 1 minute or until slightly thickened.

3. Stir in quinoa and cook, stirring occasionally, for 5 minutes or until slightly thickened. Refrigerate for 1 hour or until cool.

4. Stir in yogurt. (The pudding will thicken considerably as it cools; add yogurt to desired consistency.) Serve with suggested toppings. THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you? Or the politicians who forced a government shutdown?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

There are people who use the term bullying "to get what they want. They use it as professional victims to gain power and control," says Ben Leichtling, founder of BulliesBeGone.

Overuse of the term may be an unintended consequence of the many cases involving teen suicides that have made headlines in the last few years. More attention to the phenomenon may help real victims, but there's also a risk that "words like bully and victim have just become meaningless labels for people who are seriously mistreated in school environments and in the workplace," said Malcolm Smith, a professor in the University of New Hampshire's education department who founded an anti-bullying program called "The Courage to Care."

Smith says what constitutes real bullying is measurable: Is the behaviour so damaging that it interferes with the target's ability to go to school or do their job or otherwise conduct themselves safely? And secondly, does the behaviour involve an imbalance of power? THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances — without that type of behaviour — losing in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas. "It teaches you the mechanism for coping with losing."

Bullies in politics?

In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

Cruz responded: "The Senate is not a schoolyard setting." He added: "Speaking the truth ... is not bullying."

More cries of "bully" were directed at Washington during the government shutdown. Accusers included Cindy Waitt, producer of the emotional documentary, "Bully," about kids tormented to the point of suicide. In a Huffington Post essay, Waitt wrote: "The tactics being used by the 'shutdown' gang are textbook bully tactics."

But not everybody thinks that political clashes - even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, sister organization to the Heritage Foundation, a conservative think-tank. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said. "If a football team happens to win by a large score, it doesn't mean the players intended to denigrate, hurt, humiliate, damage or diminish the other team. But that does occur in workplace situations all the time — in hospitals, in factories and corporations, as well as in schools. Any place there's a power differential, where someone puts other people down, where it's done willfully, not randomly or unconsciously, that could be bullying."

Some conflicts in the workplace are more easily defined as harassment rather than bullying. "Bullying is a lot more volitional," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down and wiped the boys' records clean.

But there are other situations where adults may legitimately feel they're being bullied by kids — even their own.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

For years before he became a psychotherapist, Leichtling had a career running research labs. He says it was good training for the anti-bullying work he does now. "Boy, I saw bullying in science," he said. "It's not an ivory tower. Academia is vicious!"

How much does health care cost you? Try 1,400 big ones

Unplanned outlays. Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

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Skiing

Vonn sticks to original timeline

Lindsey Vonn was tempted to speed up her return from knee surgery to rediscover the rush of racing she misses so badly.

Instead, she made what she calls a "wise" decision. The Olympic downhill champion skipped last Saturday's season-opening race in Austria.

She will stick with her original plan to come back at home at the event in Beaver Creek, Colo., from Nov. 29-Dec. 1.

After training in Chile in August went better than expected, Vonn flirted with the idea of coming back for the giant slalom in Soelden. She decided last week to wait.

Her right knee felt great in training, but she could tell her body just wasn't quite ready to race.

THE ASSOCIATED PRESS

CFL

New Argos LB embracing Canadian game

It's a new game with a new team in a new city, but it's just football for linebacker Aaron Maybin.

The former NFL first-round pick participated in his first workout with the Argonauts on Monday, a day after joining the club's practice roster.

"It (Canadian field) is bigger than I'm used to but there's nothing intimidating about it, nothing too different," he said.

"Football is football. You've just got to adjust and understand it's a part of the game.... As I said, athletes adjust so it shouldn't be a problem." THE CANADIAN PRESS

World Series

"He was reminded once he got on base, and also he was reminded that run didn't mean much, be careful, shorten up."

Cardinals manager Mike Matheny declined to take it easy on Kolten Wong after the rookie was cut down in Game 4 for the first-ever game-ending pickoff in a World Series, pointing out he knew about Red Sox closer Koji Uehara's strong move. Go to metronews.ca for coverage of Monday night's Game 5.

The Sharks' Tommy Wingels buries a rebound past Senators goalie Craig Anderson and Kyle Turris at the Canadian Tire Centre on Sunday.
JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Sens clear the air in players-only meeting

NHL. Frustration sinks in following team's back-to-back home losses over weekend

Quoted

"I think everyone's trying to play not to make a mistake as opposed to just playing hard and live with the mistake you make." Senators goalie Craig Anderson

The Ottawa Senators are in need of answers after a pair of weekend losses on home ice. Captain Jason Spezza hoped to find them by holding a players-only meeting on Monday.

Frustration was setting in after a 5-2 loss to San Jose on Sunday followed Friday's 2-1 defeat to Anaheim at the Canadian Tire Centre, and Spezza felt it was time to clear the air.

"You can tell guys left the rink (Sunday) night frustrated, myself included," Spezza said. "When you get frustrated it's useless. Being frustrated and not talking about it can be a useless emotion, so when you get frustrated as a group, and I sensed I was frustrated and the guys were frustrated, that it's important to talk about it so things don't just fester."

The decision to make it a players-only meeting was to allow everyone to have a voice and not feel censored. Spezza said the team talked for about 35 minutes and is hopeful the dialogue will result in a better performance Tuesday night when the Senators take on the Chicago Blackhawks.

"The worst thing you can do is to just keep letting things go the same way without discussing things and keep coming to the rink and continuing not playing how we want to play," said Spezza. "It was a good, open conversation. We talked about our starts not being where they want to be and maybe how we approach games maybe has to change."

Of the Senators' 11 games this season, they have given up the first goal eight times. On both Friday and Sunday they trailed 2-0 in the first period.

Most alarming over the past two games has been the Senators' play in their own end and the number of mistakes being made that ultimately result in goals against.

"Mistakes happen, that's just the nature of this game," said goalie Craig Anderson. "Right now, for whatever reason, we're making mistakes and the puck ends up in our net." THE CANADIAN PRESS

Stamkos awarded first star of the week

The Lightning's Steven Stamkos scores past Panthers goalie Jacob Markstrom during a shootout in Sunrise, Fla., Sunday. J PAT CARTER/THE ASSOCIATED PRESS

Tampa Bay star centre Steven Stamkos is the NHL's first star of the week after helping the Lightning win three straight games and move to the top of the Atlantic Division.

Stamkos had three goals and four assists as the Lightning started the week with a 6-5 win over defending Stanley Cup champion Chicago before beating Buffalo and Florida.

The 23-year-old native of Markham, Ont., has five multi-point games this season and ranks second in the NHL with 17 points (eight goals, nine assists) in 11 games.

Toronto winger Phil Kessel was named the second star with five goals on 10 shots in the Maple Leafs' three games.

Kessel recorded his fourth career hat trick in a 4-2 win over Anaheim.

Vancouver centre Ryan Kesler was named third star with four goals and two assists as the Canucks closed a season-long seven-game road trip with three consecutive wins.

THE CANADIAN PRESS

4 SPORTS

Bouncing back on the hardwood

Any number of issues are sure to arise as the NBA regular season unfolds beginning Tuesday night. Here are six things to look forward to and think about before the games begin:

TORSTAR NEWS SERVICE

Photos by Getty Images

Tank for Wiggins

The 2014 draft is loaded — some see it almost as good as the 2003 draft — and it'll be fun to watch teams try to lower themselves into the bottom of the standings with mid-season moves designed to worsen them. The leaders as the gates open are Philadelphia and Phoenix, two remarkably bad teams.

Derrick Rose returns

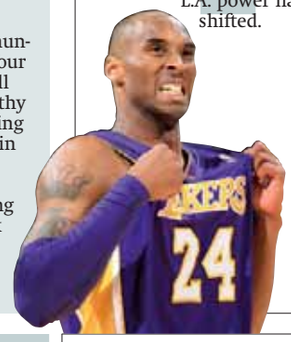
Two seasons ago with a healthy Rose, the Chicago Bulls had the best record in the NBA. The point guard played at such a high level in the pre-season it's entirely likely they get back to that lofty height. And if they do, can they win it all?

When will Thunder roll?

The Oklahoma City Thunder will have to wait four to six weeks for Russell Westbrook to get healthy enough to play following knee surgery. Can Kevin Durant, Serge Ibaka and Kendrick Perkins hold down the fort long enough for Westbrook to get back up to speed.

Who rules L.A.?

Remember all those years when the Lakers were competing for championships and the Clippers were a laughingstock? They're gone. Doc Rivers is leading the Clippers and Kobe Bryant's on the shelf right now for the Lakers and the balance of L.A. power has shifted.



The bottom halves

The locks for playoff spots at the top of each conference seem logical but the races for the sixth, seventh and eighth post-season slots could be delightful. You've got Atlanta, Detroit, Washington, Toronto and Milwaukee in the East and Memphis, Houston, Denver, New Orleans, Minnesota and the Lakers in the West.

Too hot for Heat?

After two long runs to championships, the inevitable aging of an oldish roster, the question has to be asked: Will LeBron James and the Miami Heat have enough energy and enthusiasm to muster another tiring chase?

Canadian ballers have arrived in NBA

They run the gamut from veterans to kids, from bit players to stars; they populate good rosters and bad ones.

But no matter how they are categorized or what they do or how they fit, there is one undeniable fact: Canadians have arrived in the NBA — bigger and better and more prominent than ever.

As the NBA regular season opens Tuesday night, there is a decidedly north-of-the-49th-parallel feeling to the season with more Canadian content than ever before.

They are: Steve Nash and Robert Sacre with the Los Angeles Lakers; Cory Joseph with the San Antonio Spurs; Anthony Bennett and Tristan Thompson with the Cleveland Cavaliers; Andrew Nicholson with the Orlando Magic; Joel Anthony with the Miami Heat; Kelly Olynyk with the Boston Celtics; and Samuel Dalembert with the Dallas Mavericks.

They mark the greatest representation of Canadians in the league at any time in history and three of them will undoubtedly attract more attention than the others, for disparate reasons.

Brampton, Ont.'s Anthony Bennett was selected first overall in this past summer's NBA draft by the Cavaliers. NBA/GETTY IMAGES

Nash is the NBA's oldest player now and at 39 years old, care and control of the two-time MVP's minutes and games will be of paramount importance as the Lakers try to shake off the memories of a disastrous 2012-13 season.

There's already a suggestion Nash will sit out a game Wednesday against Golden State, the first of many back-to-back contests he's expected to miss.

At the other end of the spectrum is Bennett, the first overall pick in last June's draft, a multi-faceted forward just beginning his career. He's seen as a centrepiece of a growing Cavaliers roster that includes his fellow Canadian Thompson and point guard Kyrie Irving.

And then there is Olynyk, a late-lottery draft pick of the Dallas Mavericks who was moved on to Boston in a trade. In their annual poll, 13 of 30 NBA general managers said the native of Kamloops was the biggest steal of the draft after being taken with the 13th selection.

With the expected arrival a year from now of presumptive No. 1 draft pick Andrew Wiggins, the Canadian content in the NBA will continue to grow.

TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	11	4	4	3	25	33	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
N.Y. Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Monday's results
Dallas at Buffalo
Pittsburgh at Carolina
Montreal at N.Y. Rangers
Chicago at Minnesota
Washington at Vancouver
Sunday's results
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Tuesday's games — All Times Eastern
Dallas at Montreal, 7 p.m.
Anaheim at Philadelphia, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Tampa Bay at New Jersey, 7:30 p.m.
Ottawa at Chicago, 8 p.m.
Winnipeg at St. Louis, 8 p.m.
Toronto at Edmonton, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Series tied 2-2)
Monday's result
Boston at St. Louis
Sunday's result
Boston 4 St. Louis 2
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.
Thursday's game
x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.
x — played only if necessary.

MLS

Sunday's results
Houston 2 D.C. United 1
Los Angeles 1 Seattle 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
(End of Regular Season)

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK EIGHT

Monday's result
Seattle at St. Louis
Sunday's results
Arizona 27 Atlanta 13
Cincinnati 49 N.Y. Jets 9
Denver 45 Washington 21
Detroit 31 Dallas 30
Green Bay 44 Minnesota 31
Kansas City 23 Cleveland 17
New England 27 Miami 17
New Orleans 35 Buffalo 17
N.Y. Giants 15 Philadelphia 7
Oakland 21 Pittsburgh 18
San Francisco 42 Jacksonville 10
Thursday's result
Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern
Orlando at Indiana, 7 p.m.
Chicago at Miami, 8 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

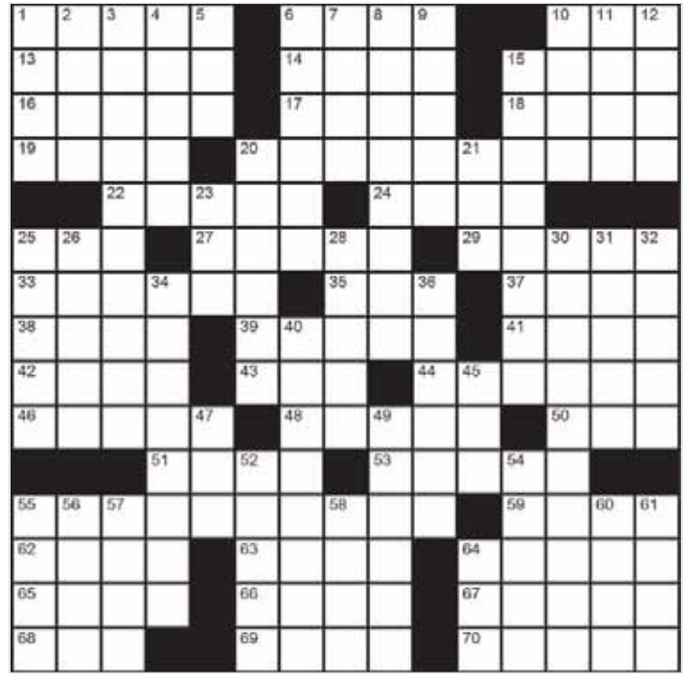
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

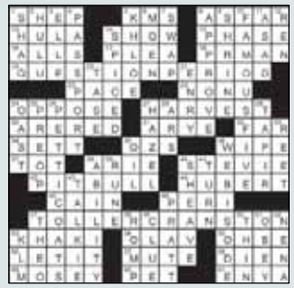
BY KELLY ANN BUCHANAN



Across
1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

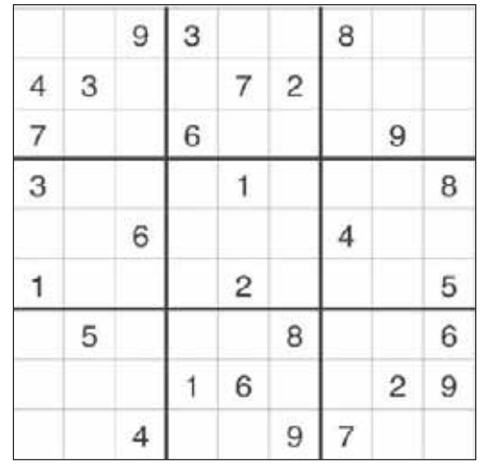
Down
1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever _ __..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword

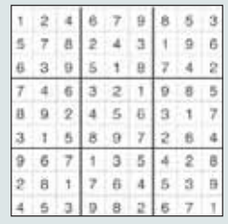


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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4°/-1°
Sunny
Wednesday
7°/0°
Variable
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